



State Senator
**Judith G.
Freedman**

“ICE” YOUR CELL PHONE

Connecticut residents are being urged to ‘ICE’ their cell phones by storing the phone numbers of MD’s, family or friends to be notified “In Case of Emergency” (ICE).

ICE (In Case of Emergency) is an appeal to encourage mobile phone users to enter an emergency contact number (e.g. relative or next-of-kin) in their phone address book under the heading 'ICE'. This will then allow police and paramedics to quickly retrieve an emergency contact number in the case of accident or injury. It could help save lives.

By adopting the ICE advice, your mobile phone will help the rescue services quickly contact a friend or relative - which could be vital in a life or death situation. It only takes a few seconds to do, and it could easily help save your life. Why not put ICE in your phone now? Simply select a new contact in your phone book, enter the word 'ICE' and the number of the person you wish to be contacted.

This is a simple measure that could help save your life or the life of a loved one. If you have any questions about this or any state matter, please do not hesitate to contact me at 1-800-842-1421.

Sincerely,

Judith G. Freedman
State Senator – 26th District